

GAME Plan™ Digital Locker Room

Who This Is For?

This locker room is designed for high school, college, and former athletes who are nearing the end of their playing career, or who have already stepped away and are asking, “What’s next?”

The Reality is, for most athletes, life after sports isn’t talked about until it arrives. The structure disappears. The identity feels shaky. The confidence you once had on the court doesn’t always translate right away.

You’re not broken, you’re just unprepared. This locker room helps close that gap.

What You’ll Learn:

- How to separate who you are from what you played
- How your athletic skills translate into real-world value
- How to rebuild routine, discipline, and momentum
- How to create a realistic 90-day game plan for your next chapter

How It Works:

- 6 topics with 4 short, digestible modules within
- Video lessons + reflection prompts
- Private discussion thread with guided questions
- Guest drop-in from a former athlete who successfully transitioned

Topics:

1. Life After the GAME
- Helping athletes find identity, purpose, and direction beyond sports.
2. Mind Right
- Prioritizing emotional and psychological health.
3. The Real World Playbook
- Work-ready skills and real-world preparation.
4. Money Talks
- Understanding how to make, manage, and protect money.
5. Pivot Season
- For athletes learning to pivot due to circumstance, injury or early exit.
6. For the Parents
- A space for parents of young athletes.

Locker Room Extras:

- Identity check-in worksheet
- Goal-setting planner
- Recommended books, articles, and podcasts
- Optional peer challenges

What You Walk Away With:

By the end of this locker room, athletes leave with clarity, confidence, and a plan — not just motivation.

You don’t lose yourself when the game ends. You just learn how to show up differently.

GAME Plan™ — Preparing athletes for life, not just competition.